

PREVENTION PLAYBOOK

JANUARY 2024

We feel a merry cheer while celebrating Christmas and welcoming the new year. However, for many people, these events are an indicator of the struggles about to come. The rates of seasonal depression, loneliness, and post-celebration blues are at an all-time high following New Year's Eve.

Mental Wellness Month serves as a reminder to maintain and sustain your mental health, despite the ups and downs in life. One example of this is honoring the connection between your body and mind. For instance, many people make New Year's resolutions that include exercise, weight loss, and dieting. All resolutions are worthy and can be accomplished. So, why do up to 80% fail within the first few months of the year? One reason may be that no one resolved to focus on mental wellness, which is needed to accomplish any goal. Mental health and wellness are just as important as physical health. You can participate by spending more time with your loved ones, being grateful for what you have in life, planning a trip, and becoming skilled at self-care.

To make lasting changes, you need to prepare for them mentally. Plus, when you abandon your goals, it can be mentally exhausting. Too often, guilt and negative self-talk about not seeing resolutions through make you feel even worse.

Rather than give up on the exciting changes you want to make, prioritize them. For success, the first resolution must be to improve your mental wellness. And with January Mental Wellness Month, there is no better time than now to begin.

Find more details on how to take the first steps to mental wellness here: [January Mental Wellness Month \(Let's Celebrate!\)](#) | [MHC \(mentalhealthctr.com\)](#)



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